
Fitness Final Exam Study Guide

What is Wellness? - ✓ A state of healthy living; considers total wellbeing: physical, emotional, and spiritual.

What are the Wellness components? - ✓ Physical Health, Emotional Health, Intellectual Health, Spiritual Health, Social Health, and Environmental Health

What is Healthy People 2020, and what are its goals and objectives? - ✓ U.S. government's wellness goals for the nation.

Goals:

1. Increase the number and quality of healthy years for all Americans
2. Reduce health disparities across segments of the population in our society
3. Provide social/physical environments that promote good health
4. Promote healthy development and healthy behaviors across all life stages

Objectives:

5. Increase daily physical activity levels
6. Reduce the death rate from cancers including lung, prostate, and skin cancer.
7. Increase proportion of physician visits to include nutrition/weight counseling or education
8. Increase number of states with nutrition standards for preschool aged children in child care
9. Increase number of adolescents engaged in disordered eating to control body weight
10. Increase proportion of adults who get sufficient sleep
11. Reduce binge drinking of alcoholic beverages

Define Physical Activity. - ✓ Any movement of the body produced by skeletal muscles that results in energy expenditure. Generally refers to movement of large muscle groups.

Define Exercise. - ✓ Type of physical activity; planned structured, repetitive movement performed for the purpose of improving or maintaining health or fitness.

What are the six benefits of exercise? - ✓ 1. Improved Psychological Well-Being

2. Increased Longevity
3. Maintenance of Working Capacity During Aging
4. Increased Bone Mass
5. Reduced Risk of Diabetes
6. Reduced Risk of Heart Disease

What are the five major components of health? - ✓ 1. Cardiorespiratory Endurance

2. Muscular Strength
3. Muscular Endurance
4. Flexibility

Personal Fitness Semester Exam Study Guide Answers

O. Ray Whittington



Personal Fitness Semester Exam Study Guide Answers:

The Enigmatic Realm of **Personal Fitness Semester Exam Study Guide Answers**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Personal Fitness Semester Exam Study Guide Answers** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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